

## English Podcast - 11:17:19, 6.28 PM.mp3

**Jailan** [00:00:01] Hey, everybody, what's going on? I'm Jailan.

**Kaylee** [00:00:05] I'm Kaylee.

**Alexis** [00:00:05] And I'm Alexis.

**Jailan** [00:00:07] And today we're going to be talking about the experience that we've had and, you know, the values we take from them. You know, everybody growing up. They've had something that leaves a lasting impression. I know whether it's something simple, like your first time riding a bike or if it's something, you know, it leaves a bigger impression like your first time at Disney World. Everybody's got something of value that they can take from experiences they've been through for. So, for example, Kaylie, I heard you went on a trip to Mexico.

**Kaylee** [00:00:31] Yeah, I went to Mexico. It was after I graduated after senior year.

**Kaylee** [00:00:38] Me my friends took a trip to Ensenada. And it was a really good experience. But it was nothing like I expected.

**Kaylee** [00:00:49] As we were traveling down the border, like as we got closer, you could see like a lot of poverty, because where I'm from, it's San Diego and it's, you know, it's like a sunny, beautiful area. And then right as you get to the border, you can see a difference. It's like a whole nother world, like the title of my essay was called Crossing into a New World. And it's because right when you cross the border, you could see all the poverty you could see. I saw rundown houses. Glass was broken everywhere.

**Kaylee** [00:01:25] What else? The smell is the first thing I actually noticed was it smelled like sewer, like right when you cross the border. And also one of the big things I noticed was the fact that to get into America, it took hours to get into a make it from Mexico. But to get to Mexico from America took only about five minutes for us. So that just shows that, like, they don't really care about who's going into their country. But America is really strict on them coming into our country. And it goes into a lot more politics that I talked about in here. But, yeah, I I took a lot in from this experience because it just made me feel really grateful for what I have, because over there I saw children. They were on the streets trying to make money. I saw these two little girls, actually. They were doing tricks like one of them was like on her shoulders, on the other little girl's shoulders. And they were like doing chicks and stuff for money. There was people everywhere, venders on the streets selling money. And like, they didn't have, like, good days. Like, why do you couldn't drink? We had to. When we brush our teeth, we had to use water bottles to like gargle our mouth with stuff, but through it all.

**Kaylee** [00:02:46] They all had like smiles on their face, even though they lived in poverty. They looked all happy. And that's something I really liked about it. And it just made me feel really grateful for what I have. Because not everyone could have it as good as we do here in America.

**Jailan** [00:03:03] And yeah, That's a great point in going back to one of the things that you mentioned.

**Kaylee** [00:03:07] You told me that you're going across the border, that you, you almost instantly noticed changes right at the U.S. Mexico borders. Can you talk maybe like what was the most striking difference to you?

**Kaylee** [00:03:21] The most striking difference, I think, was just like how different it looked like the houses. Everything was just run down and beat up.

**Kaylee** [00:03:32] Like the houses like the wood was falling apart. The windows were shattered. People were walking around with like raggedy clothes, all torn up, dirty. People didn't have shoes on. Like there's a lot of people on the streets, homeless people, people selling things like this. Mostly what I noticed is just like what it looked like. There was trash everywhere. There didn't it feel like clean, like. I don't know. Just like everything about it was just totally different, like versus San Diego, where it's like there's a beautiful houses, the ocean, nice stores. Everyone's like wearing like nice clothes. It's like rare to see like something like that, like where everything's rundown and beat up unless you go like in a certain areas there are, like it is everywhere. But there that's like all I saw. But as I traveled down more into Mexico, actually noticed that it got more beautiful as you go down. And that's something I wrote about in my essay too: like my math teacher. He's from Mexico. And he said, like, as you go deeper into Mexico, the more beautiful it is. So I now wish something to I notice like first we went to Tijuana, which is like, that's the first city, right when you get out of America. So that was the worst one where I saw like, all the poverty and everything. And then as we went down more like Ensenada's about three hours down into Mexico.

**Kaylee** [00:05:10] And like as we were going down, it looked more beautiful, like there was a big white house's on the beach and stuff like that. But something I also noticed is that people there had Californian license plates. They didn't have Mexico license plates. So that just led me to think that these people, like the Mexicans over there, are coming to America to work now that's like the only explanation I can think of because they have California license plates and like there. That just shows like there's not a lot of work there for them or like not good prices. I know that one of the resorts we stayed at, one of the workers, tourists, they make equivalent to ten dollars a day for eight hour shift of working. So like a lot of them want to work in America to get the better opportunities and stuff. Mike, to understand that because anyone in that position would want to get better opportunities for them and their family.

**Jailan** [00:06:14] So before you mentioned that going into Mexico from the U.S. was extremely easy for you but coming back into the U.S. from Mexico was hard. So do you think this is due to how people in the U.S. perceive the Latino population?

**Kaylee** [00:06:30] Yes. In California, there's a lot of controversy about the borders. Many believe that Mexicans bring in a lot of trouble with drugs and living tax free. I personally believe that if they made it a little easier for them to come into America, they wouldn't need to come illegally because they just want a better life for themselves and their family, just like many of us would want as well. And drugs are everywhere. It's it's not right to put a blame on Mexicans or treat them differently because you can't just blame it all on them.

**Kaylee** [00:07:02] I learned that I should show a lot more gratitude in show that I'm more grateful for what I have, because that could all be taken away in a heartbeat. We're lucky to just be born in America and we should just be grateful for what we have here, because not all countries have it like that and they could be happy and have always having a smile on their face with what they have. Even though they don't have much. I shouldn't be

complaining that what I have over here and like little things like I learned that little things don't really matter. Like I shouldn't get mad over little irrelevant stuff because it could be a lot worse. And yeah that's a big thing that I took from this whole experience.

**Jailan** [00:07:55] Well, thank you. Awesome. Awesome trip. Awesome story and a great message too.

**Alexis** [00:08:04] New heat droppin' soon.

**Kaylee** [00:08:12] So Alexis is any values you've taken from any experience- experiences you went through.

**Alexis** [00:08:20] Yeah. Okay. So my story kind of correlates with the year Kaylee. I also took a trip my junior year going into my senior to France and Greece.

**Alexis** [00:08:33] And I also had a very good life [lesson].

**Alexis** [00:08:35] I learned a very good lesson there.

**Alexis** [00:08:39] I went when I was in Greece, I got into a little altercation with my aunt and my grandma.

**Alexis** [00:08:46] And we had a really big fight about me going to a beach with them that I really didn't want to go to. And it was basically a screaming match. And we didn't talk for the rest of the trip. And we had two days left in Athens and there there's where I experienced my life lesson. Athens, their economy is really bad. And you're either really rich or poor, basically. And there's a lot of homeless people on the street and a lot of people selling things like gypsies. And when I got into that fight with my aunt and my grandma being there made me realized, wow, this is dumb because I'm very blessed on such a amazing trip that most people in their life don't get to go on, especially seeing all these poor people around.

**Jailan** [00:09:42] But did you did you guys end up going to the beach?

**Alexis** [00:09:44] Oh, yeah, we did. That was like our third. It was towards the end of the trip. It was our third stop going to Santorini in before, which is, I guess, more touristy and also very beautiful. But then when we're leaving, that's where I got into a fight because I didn't want to go to the beach and I saw more. They they left me there in the air BNB by myself in a country. I did not know anyone to go to like a private beach tour. And I just stayed in the air B and B the whole entire time. It was very awkward. And then when we left the ride to because we took a ferry to Athens and it was very awkward, we were all mad at each other. And my aunt was trying to talk to me and I'm a the person who holds the grudges.

**Alexis** [00:10:30] So I was just like, don't talk to me. And basically, when I was in Athens, that's when I realized I was like, I can't be mad anymore.

**Alexis** [00:10:40] And even though, like Athens is such like. A poor city, I guess, the people there, so nice. And it doesn't feel like it's a bad place even though there is.

**Alexis** [00:10:54] The economy is really bad.

**Jailan** [00:10:59] I can't really think of anything else from Greece other than maybe what the fight was about.

**Alexis** [00:11:03] Yeah, it was about me. Not one to go to the private beach.

**Jailan** [00:11:06] Yeah. I mean, like, if there was any reason why behind it.

**Alexis** [00:11:12] I just didn't want to go. I was being a spoiled little brat.

**Jailan** [00:11:15] I mean that's reason enough.

**Alexis** [00:11:18] I was like I don't want to go even though, even now I really regret it like it was so pretty.

**Kaylee** [00:11:24] That's a value that you learn. (Yeah. I was like, damn, I should have went) always be open minded. Try new things.

**Alexis** [00:11:30] Yeah.

**Jailan** [00:11:33] I mean, you also said that you went you went over to France, right?

**Alexis** [00:11:36] Yeah, I did.

**Jailan** [00:11:37] So was there any value in that trip or, y'know, was it just all Greece?

**Alexis** [00:11:40] I mean, since France was the first place I went out of the country. That was my first trip [that] like, I needed a passport for which I didn't even have a passport before, like going on this trip. It is very different. Once I got into the city, it just didn't feel like America. I knew I wasn't in America. I just thought it was just that it was different.

**Alexis** [00:12:06] And the people were definitely like, nicer. But then I dont know, it was just different. It's hard to explain.

**Jailan** [00:12:16] You get to see anything famous?

**Jailan** [00:12:17] I mean, I know I've always wanted to go to see the Notre Dame Cathedral. I mean that's a must go to on my list

**Kaylee** [00:12:22] I did. Which is pretty cool, especially since it got like burned. And then I got to see it before, I didn't go in there cause it was a long line to go in.

**Jailan** [00:12:31] Oh, yeah.

**Kaylee** [00:12:32] Wait it got burned? (Yeah. Yeah.)

**Jailan** [00:12:33] Yeah The North Notre Dame Cathedral...

**Alexis** [00:12:36] Last year I think? In March.

**Jailan** [00:12:39] Yeah. Part of it. Not not the not the whole.

**Alexis** [00:12:42] Like it's just like one part of the original structure. Where just like some, somehow caught on fire.

**Jailan** [00:12:48] Yeah. So I think they say faulty wiring from construction. And I mean that thing, that thing is mostly wood. So once part of it caught fire, the whole part just went up in flames and got it got bad because the steeple collapsed.

**Alexis** [00:13:00] Yeah.

**Kaylee** [00:13:02] So what do you think was the biggest like value or thing you've taken from that trip? Like what's going to stick with you through, like, your life after that trip?

**Alexis** [00:13:15] Honestly, So obviously don't take things for granted. Like I was very blessed to go there. Even my dad tells me like he always wants to go there before he dies and I got to go there before him and I'm way younger than him. But.. so like I learned that...

[00:13:46] ???

**Jailan** [00:13:58] ??? [Me clapping to loud like an idiot].

**Kaylee** [00:13:58] I hate that noise

**Alexis** [00:14:03] It was on the tip of my tongue and now I can't remember

**Kaylee** [00:14:03] When we go outside is our ears gonna feel weird?

**Kaylee** [00:14:07] It will probably.

**Jailan** [00:14:08] No, I didn't feel that wierd when I was coming out of here last time.

**Alexis** [00:14:10] But did you like record for a long time now? We've been in here for longer than an hour.

**Jailan** [00:14:15] I've worked in a worked in soundbooths before. It's never been bad. Wait But y'all haven't.

**Alexis** [00:14:20] Nope.

**Kaylee** [00:14:20] Maybe you should talk about like...

**Jailan** [00:14:25] Y'all I want to hear about some must see tourist destinations though.

**Alexis** [00:14:31] You do? I could tell you about that.

**Jailan** [00:14:33] Yeah. I want to. I want to hear some tourist spots.

**Kaylee** [00:14:34] Just like talk about your story like doesn't matter what it was.

**Alexis** [00:14:41] ???

**Kaylee** [00:14:46] What was the message of your story?

**Alexis** [00:14:48] Kinda like yours. But yours, you saw more poverty? I didn't see that much. It was just that one part of Greece

**Kaylee** [00:14:58] How did you feel about Greece compared to, like, your life, like did you wish that...? Do you like it here better? Or You like it Greece better like to live like, what is it like?

**Alexis** [00:15:08] Look, I wish I could help them. I feel like passing like. Especially since I'm from New York you can see a lot of people like homeless people in the city. So like, even though I was not home, I I felt weird because I've seen homeless people. But since it was a whole different country, it's just like a wow. There's like poverty everywhere. Low-key I got upset. I was like, I really want to help them. I really want to give them money.

**Kaylee** [00:15:33] That's how I felt, too. Like how we were buying a lot of stuff from the vendors. (Yeah), we're buying backpacks, food, like a bunch of stuff just to kind of support them. Plus, they have really good tacos so...

**Alexis** [00:15:46] Food I have, I've never had Greek food before going to Greece.

**Alexis** [00:15:49] So like it's kind of cool because the first time I had good food, like actually.

**Kaylee** [00:15:54] It's real Greek.

**Alexis** [00:15:55] It was so good. I'm like, yeah.

**Alexis** [00:15:58] I tried to like have, like stop by, like really like small places and very like family business, I guess, places to support them. Especially since the poverty is really bad. But yeah.

**Alexis** [00:16:16] So, Jailan, did you have any experience kind of like ours or...?

**Jailan** [00:16:24] So, I don't. I don't know how much like yours it was. I mean, I didn't I leave the country. I've never had that privilege. Mine was definitely a lot more close to home. And had to do with me, you know, kind of transitioning between between sports I played.

**Jailan** [00:16:41] So when when I was in high school, when I was in middle school- football was my life, football was my entire life. And that's what I thought I was gonna. (Oh you played football?) So I thought I was going to do all four years. Yeah. I played. I've been playing football since I was in second grade. I guess started out playing flag for a while and then moved on to tackle when my parents finally let me. But that's why that's what I thought I was gonna do. I thought that I was gonna I was gonna be a standout on the team at my high school. Lake Braddock. I thought that I was gonna move on and get to play college football.

**Jailan** [00:17:17] I CNU or ODU or if I was lucky, you know maybe go to like a big school like Virginia Tech or something like that.

**Alexis** [00:17:25] Oh so you we're into it.

**Jailan** [00:17:25] Like, yeah. No, I was I was into it. And I think I think I mostly got that from my mom.

**Jailan** [00:17:30] And my mom always says, my grandfather confirms that that had my mom not dislocated her hip cheerleading a while back, she probably would have ended up playing football at her high school because that's that's just how passionate my family is about it.

**Alexis** [00:17:45] Your mom won to play football?, (that's cool)

**Jailan** [00:17:47] My mom wanted to play football for the longest time. My grandmother wouldn't let her because she was afraid she was gonna get hurt. My grandmother was like, if you can go if you go an entire year without getting hurt, then sure, you play football. And I'm pretty sure she didn't mean it. But yeah, my mom ended up hurting her hip cheerleading, so she never got to it. But I mean, you know, kids played touch football except, you know, real ones. We play we play real football out in the yard when we get the chance. But that's what my mom was doing. She grew up playing with the rest of the boys on the street. And most of my my aunts and uncles, she played football just like everybody else. So I think that's why I mainly, got that: my passion for it.

**Jailan** [00:18:26] But for me, I didn't see any any other alternative. It was either that or nothing. I didn't have any. I did not have any other doors that I thought I could go through. So when I went in freshman year, I suffered a really bad injury to my jaw.

**Jailan** [00:18:41] I got hit with my helmet off and it tore a ligament in my jaw and I still have TMJ issues from it. So the doctor I was talking to, he says probably a good idea you don't play football anymore because you take another hit like that, it can permanently mess up your jaw.

**Jailan** [00:19:01] So at that point, I was already I was doing poorly in school. I was in doing really well. My interaction with teammates and classmates, it was just stressful trying to trying to balance balance everything that was going on.

**Jailan** [00:19:16] So, I mean, I dropped it, and without any sports to play, you know, that was that was my outlet. I was the only thing I felt that I had.

**Jailan** [00:19:25] And I mean, it got really rough, but I I guess I just kind of focused on myself and what I didn't have. And it caused me to kind of spiral out of control. I mean, I started, I failed multiple classes my freshman year. I kind of disassociated from everybody.

**Jailan** [00:19:41] I got I got a really fiery, my attitude got worse until one of my friends who kind of realized what was guys like, you know, Jailan, I noticed you need you need something to get you back into it because you're a fierce competitor. You need something help you get that that fire back. You know, focus all this negative energy into something else. And you suggested that I run track for the team. Now I mean, at Lake Braddock. We actually have a really good track team we're the most successful track teams in the state of Virginia, if not the entire East Coast. But for some reason we we have the worst reputation. I mean, track kids are weird. I'm not saying that we're not.

**Alexis** [00:20:21] Oh, they're wierd there?

**Jailan** [00:20:22] We are. Yeah. Oh, yeah. No. Yeah. I'm not saying we're not. We are weird. We are some weird kids. But I said why in the world would I want to join a sport where the where the exciting races, you know, you just you just they're over and like 11 to 12 seconds and the ones that aren't over that fast, you just watch someone run around in a circle eight to 16 times.

**Alexis** [00:20:46] Oh, that's not fun.

**Jailan** [00:20:47] Yeah. No, I wasn't I wasn't having it. I said the only thing that's interesting out there is the hurdler is in they're breaking legs every other season. I'm not I'm not doing this, this is stupid. And but I was always really competitive. So, you know, during during PE when we were doing the pacer, I would keep going even after everybody was like, look at the last one out there. You got nothing else to prove. Just stop. You don't have to do this. So I'm like nah, I'ma keep going. When we're doing like tests and running the mile, I was I was the try hard kid. I would go out as hard. I could finish as fast as I could, I always made it a point I had to lap somebody that was just me. I had to do it. But so one of the coaches saw me and said, you know, you should come out and run track. And I was I was I was polite. I said, oh, yeah. You know, told him, you know, maybe I should think about it. And I had no real intent of doing it. I didn't. I did not want to be a track kid, but he got it got to the point where more and more people were talking and talking about, you know, you you're fast. You know, you should. You should actually put this talent into something useful. You're not doing anything. You should join track. It's fun. And I kept persisting. I wasn't gonna do it until at one point. So, my coach, Bob Digby, love that man.

**Jailan** [00:21:58] He's probably the best coach I've ever had, love that man. And [he] didn't know me.

**Jailan** [00:22:04] But while I was outside, I was probably jumping, running, doing something. But I overheard him talking to one of the coaches saying, dang, if that if that kid that kid did jumps, I would coach him.

**Jailan** [00:22:19] And something inside of me was like, wow, some someone genuinely wants to invest time and energy into me and wants wants to help me compete. And I don't know what it was. But that just it flipped my attitude. Well, at the time, I wasn't eligible to do sports because, as I mentioned, my grades had gone out of control. I mean, I I had never been more passionate about anything since I got hurt in football.

**Jailan** [00:22:46] So I worked hard. I got my grades up. I became eligible for the next semester.

**Jailan** [00:22:52] And and I was able to run track. I had a lot of fun with it. So and that kind of brings me to to the moment, the most the most exciting part of when I was running track was my last my last meet for the indoor season as a senior and or sorry, not my last meet my last my last regional meet.

**Jailan** [00:23:18] And. I'd just come off I'd just come off a championship win in the triple jump, which is my main event. I do long jump and triple jump and whatever godforsaken event coach makes me do. But long jump and Triple jump is my main thing. And I'm at the regional championship. I just won a district championship and I'm here like: I got something to prove. I want to just come in here and beat everybody. I want to make my parents proud. I want to get another regional championship. I'm going to I'm gonna be at

the top of my game. I'm gonna get all the glory that I lost before when I got hurt. But at the same time, I have my teammate who I've become really close with. I'm still really close with, my teammate Nahom. He's there. And his goal is to get to his first stat meet. And over the years, like I said, because because of the time and energy that Coach Digby investing to me, because of the example he set for me when he had moved on and "retired" and I say "retired" with quotation marks around it because he's still hung around and still helped us out. But when he moved on and when the seniors that were there, when I joined, had moved on, I wanted to be that kind of person who even though I was focused on accomplishing my own goals, I wanted to pour that same sort of time and energy into someone else who was passionate. And that's where Nahom came in. So we go in and we do our warmups and we do our run-throughs. You know, we joke around Coach Digby reprimanding us cause we're honestly not warming up right. Because we're just too excited. And I'll never forget when when we were warming up, there's about 40 minutes before our event. And we're doing stretches and I'm partner stretching Nahom.

**Jailan** [00:24:58] And he looks up on me and he tells me, man what, what if my what if my season ends today? What if my season's over today? And I kind of joked, and y'know. Nah man. You know, you got you got another meet left, you know, trying to be encouraging. He's like, no, Jailan, seriously. What if something goes wrong and my season is over today? Like, I don't get to compete anymore until the spring season comes up. And I looked at him, I said, oh, he he's he's a lot like me. This is something that he really wants to achieve. He's got something that he wants to be a part of. He has a bigger goal in mind. And as as leader of that group. And there was something inside me that just said, you know what, I need to put myself aside. I need to help him, because I knew that if I went down to that state, meet and I didn't have Nahom competing with me there, I would be just as hurt no matter how that that meet went.

**Jailan** [00:25:52] So I looked at him and I said, look, Nahom, between the two of us I don't think anybody's worked harder in Virginia, I mean, we we've done everything that we can to get here. And what happens, happens. But nobody has worked harder than us. And I don't think anybody's worked harder than you to get here and you deserve a spot in that state meet. So you go out, you focus, you do what you do.

**Jailan** [00:26:14] And you gonna end up right where you need to be.

**Jailan** [00:26:17] So we go out, we compete. It's it's a tight competition. Everybody out there is jumping around 43 feet. But both my home and I make the finals. I make it at the top. At I think 43 feet or something. Nahom's down at 41 feet. So we go into our three final jumps and I actually end up dropping to fourth place and to advance to the state meet, You have to jump either 43 feet, two inches, or you have to place in the top three in our region. I already had an auto qualifier. I was going to the state meet no matter what happened. But, you know, I still wanted to win that regional title. That was me.

**Alexis** [00:26:56] Oh so you're very competitive.

**Jailan** [00:26:57] Yeah, I'm super competitive. I want to win everything. So Nahom is sitting at fifth place. So he's two spots out for making me for making regionals [states]. And we go in. I can see him. You know, he's doing that thing where you like your legs bouncing up and down. I can tell he's nervous, I'm like man chill out. Everything's gonna happen in the exact way that it's supposed to. I guarantee you're gonna be all right.

**Jailan** [00:27:18] So the way that we do this is whoever whoever placed the best during the first part of the competition, they go last in finals. So we do worst to best. First two guys go up of the seven guys in the finals. Nahom goes up and scratches his first jump. So it didn't count. Ended up stepping over the line that you have to jump from. So it didn't count. I go up, take my first jump and don't improve. Nobody really moved any spots. Second round nahom actually ends up fouling again. And by that part, by that point, he's just super nervous. Just bouncing everywher. And everywhere I go, I don't improve my job as a matter of fact I think I foul my second jump as well. But during the course of that, a bunch of other jumpers had actually gotten done better and moved ahead of us. So at this point, I was in third and Nahom was in fourth.

**Jailan** [00:28:09] He's one spot out for making regionals [States] and I go over to him and. The last couple of jumpers are coming up. I'm just like, you know, let's just go. Let's just go somewhere. I didn't say anything to him we didn't say anything to each other. You know, we just kind of stretched out a little bit, just relaxed, just needed to be away from the competition. And when they called his name up to go back, I said, look, it's all us. You go out there and you do exactly what you worked for. OK?

**Jailan** [00:28:36] Do exactly what you work for. Nahom. Nahom comes up.

**Jailan** [00:28:42] I'm at the front part of the runway watching him come down. And I mean, I was sitting there. I can't I can't even contain my excitement. I'm standing. I'm yelling. Let's go Nahom! Come on! Let's get it! Come down here! People looking at me like. Fam you're nuts. You're gonna you're gonna distract your teammate. I'm like, no, don't worry about it. He's coming down here. He's going to. And then I said, I just start talking Nahom up. I know he's going to be he's gonna beat all y'all. And matter of fact if I wasn't in this competition, he'd be placing first. He's about to whoop all y'all. Nahom comes blazing down the runway is about a centimeter off from fouling as a matter of fact Initially I thought he fouled his third jump and goes up and sticks one of the best jumps I've seen him hit. They measure it out. It's 43 feet, one and three quarter inches. So a quarter inch shy of auto qualifying for the state meet The good news about that is he's now in second place. So he has as long as he keeps second place, he hits the mark. We didn't pay attention to who else was going because we went away from the meet again before it's time for me to jump. I get back on the runway. I said, all right. I look about my dad. My dad's giving me a thumbs up and I say, all right, it's time for me to go out and win this thing. And just like Nahom, I go flaming down the runway and my coaches, there yelling at me. I hit the board and I stick one of the biggest jumps of the season. And I'm fired up. I'm pumped up and I'm ready go. And I look back at the runway and I see the red flag go up. Telling me that that my jump didn't count.

**Kaylee** [00:30:09] What?

**Jailan** [00:30:09] And so, yeah, I was. I was mad. I was I was heated. But there's nothing you can do. You can't go back and review it. So, I mean, not not only did I not win, I didn't place top three in my region, which was disappointing because I was projected I was projected to win. And I felt like a failure. I slipped back into the same mindset of when I got hurt. I say, you know what I mean, what am I gonna do? I was supposed to win this thing. As I go to take I gonna take my spikes off. I look over. I see Nahom. He's over there. He's bouncing again. I say, my guy. What's going on? He said, I just got told that I might have been knocked down to fourth.

**Jailan** [00:30:53] And immediately I go back to thinking, you know, I got to I got to support him. You know that right now other people are more important. He's more important to me right now.

**Jailan** [00:31:03] I said, well, what happened? He said, well, they told me that another guy jumped my same mark. So we're tied. And the rules are that your second best job determines the tiebreaker. And so we're sitting there and the refs are taking a long time to go through this and the official finally gets up and we're like, well, who won? What was the tiebreaker? What happened? I mean, who won?

**Jailan** [00:31:30] So all I can tell you is that the regional champion is whoever it was from from Hayfield. I think it was some other school down the street. But Hhe said that's all I'll tell you right now. Going to take this up. They're going to announce the winners.

**Jailan** [00:31:43] Well, you have the paper right in front of us. And I'm getting heated Nahom over there getting nervous. Coach is heated. They just tell us who won you got it on the paper and he's like not gonna go take it to the official. We sit there and we're eating BelVita.

**Jailan** [00:31:54] But I don't know if y'all ever had that. So that's just something.

**Alexis** [00:31:57] BelVita?

**Jailan** [00:31:58] Belvita? That's my stuff.

**Kaylee** [00:32:00] BelVita? What's that? Oh, The little cheese circles?

**Alexis** [00:32:07] Are those the breakfast?

**Jailan** [00:32:08] No, they're like the.. like the... The breakfast bars? Yeah the breakfast bars those are our thing! Every meet.

**Kaylee** [00:32:08] I dont know what I was thinking [?] No babybel thats what I was thinking of.

**Jailan** [00:32:16] No but every meet we had blueberry BelVita. But I'm getting off topic. But every meet belVita, that's the thing. That was it. That was the stuff we're sitting there eating belVita. Said, you know, whatever happens, happens. We just gotta wait. And so they go through and they're announcing now seventh to first, they say in seventh place, from whatever school, in sixth place. In fifth place, and they say, in fourth place, and I brace for it because I really didn't want to hear my name next fourth place. And they announce from Lake Braddock and I hear a couple people from Lake Baddock yelling. I'm like, please, please don't.

**Jailan** [00:32:48] And I said, wait a minute. If I'm in fourth place. And they haven't announced Nahom's name yet. They said in third place from Lake Braddock, Nahom Da-. That is it. Oh, my gosh. That's my you know, he's about to break down, cry again. So he's about to cry. So I'm about to cry. I can have a cup of happiness because he gets to go to state meet. He had to be me. He made it by that one. Tiebreakers by asking not only that.

[00:33:14] So we actually found out later that the reason he won that tiebreaker, because he had the second best jump ball, the kid before got himself to call disqualified from the

meet. So he would have won regardless. But he got so disqualified. And so we're seeing that I'm about to cry. My coaches, my coaches like you don't stop crying. So I just I've saved hundreds of kids to statements before. Really? Okay. Yeah, we get it. It's like we did it. You best coach in Virginia. Thank you. But I mean that we not end up being one of the best experiences of my life. I mean, I'm winning. Winning is great. Winning championships is great. But. But I can.

[00:33:52] I can genuinely say that they being a part of helping someone else and being a part of helping someone be that happy and getting to see them really, really that the relief that came over his face was probably the biggest thing when he heard his name being called that that was the thing that got me. And I said, how how different would this have been if I had said, you know what? Forget it. I've got to figure my stuff out. He's got to figure his stuff out. And I don't just think about that. James, you may. I still think about the world. Our relations should be like now. I mean, I was I was texting the home a couple hours ago, sending some stupid some some meme or something. I don't know. But we we still maintain a really great relationship now just outside of, you know, upper classmen, underclassmen type. The thing is, it's a real bond that you get from genuinely trying to help people generally having their best interests in mind. So, I mean, that's that's the biggest thing that they'll take away from not just tribe, but probably for my entire my entire high school life.

**Kaylee** [00:35:00] Thank you, That was a really nice story.

**Kaylee** [00:35:03] Overall, I hope you guys take something valuable from this podcast. In your experiences, I hope you learn something from it and take a life lesson from experiences in your everyday life and stuff like that. Like for me, my experience will last me a lifetime. I feel grateful every day for the life that I live because I know that I could not be this way and I just feel blessed to be where I am.

**Alexis** [00:35:35] Going off of what Kaylee you said, I correlate with it because my whole experience going on that trip was something different. And I learned so many things that make me a better person. And the fact that all three of us can correlate with it is (cool) it's cool. Yeah, sure.

**Alexis** [00:36:03] That was a loud ass laugh.

**Kaylee** [00:36:08] And Jailan?

**Alexis** [00:36:08] Do you have anything to add on to that?

**Jailan** [00:36:10] Yeah, I guess. I guess for me, my my experience not only results in y'know one of the best memories I've ever had but it's created long standing relationships that I'll be able to keep with me in the long run. And in the end, there's gonna be something for me that's more valuable than me just coming in, you know, winning competitions, even when other people win competitions, because you know that that moment will go and it'll be gone but the relationships last a lot longer.

**Kaylee** [00:36:37] Yeah. Every single experience, you got through has some valuable lesson behind it. So thank you, guys. Thank you for listening.

**Alexis** [00:36:48] Hope you enjoyed the podcast.

**Kaylee** [00:36:48] Over and out. Peace!

**Alexis** [00:36:49] Adios